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The Path of the Heart

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Abstract

The experts in psychology field have tried to develop new strategies to improve the state of health of people. One of these is a new approach is "The Path of the Heart". This approach is a highly effective, short-term educational process, based on the electrocardiograph "vionadras" and on electrodermal techniques developed by the "Institute of Mathematics of the Heart" [Institute of HeartMath] and by the "Foundation Monroe" [The Monroe Institute]. This paper has the main goal to reveal the main features of this new psycho-therapeutically approach - "The Path of the Heart".

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1. Introduction.

Since ancient times there have been many cultures, religions, and spiritual traditions correlating the heart with spiritual uplift, wisdom, emotional experience, and especially with basic positive emotions such as love, caring, compassion, and appreciation.

All of us have heard or we say phrases like "this song touched my heart," "I have a knife in the heart", "You hurt my heart," "I did it with my heart" etc.

Aristotle was a proponent of the theory of (middle hard) "kardiokentrikis" - believed that the senses, the passions and the intellect are located in the heart.

Fathers of Orthodoxy argue that our mind is in the heart and the brain uses as his instrument to manifest. Characteristically says Macarius the Egyptian "... is in the heart and the mind and all thoughts."

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Recent works in the field of neurocardiac have shown that the heart: a) is a sensory organ with a complex center coding and information processing, b) has an expanded inner nervous system sufficiently complex to be described as "heart brain"; c) the circuit of the heart allows it to learn, remember, and make functional decisions independent of the brain; d) It is the most powerful generator of electromagnetic energy in the human body

The electromagnetic field of the heart: a) is more than 5000 times stronger than that of the brain; b) formed by our emotional state; c) may provide information that can be received by people who are in contact with or in close proximity with us.

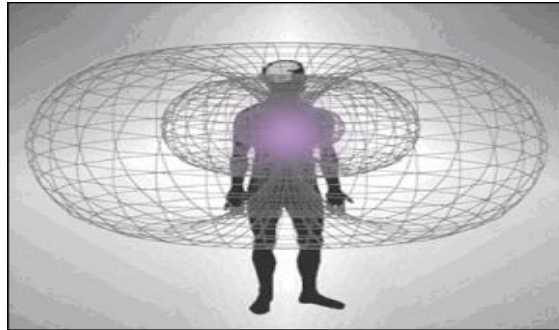


Figure no.1. The EM field of the heart

The electromagnetic field of the heart is by far the strongest field rate produced by the human body and can be measured sufficiently away from the body of specific devices. The research conducted at IHM suggests that the scope of the heart is an important carrier of information.

Other studies were focus on the contact Heart-Brain. The communication between the heart and brain is actually a dynamic, continuous, two-way dialogue, where one instrument continuously affects the operation of the other. Research has shown that the heart communicates with the brain in four ways: neurological → through the transmission of nerve impulses; biochemical → through hormones and neurotransmitters; biophysical → by means of pressure waves; energy → through the interaction of electromagnetic fields.

Such multi communication significantly affects brain activity, which in turn affects mood, behaviour and course performance us. Beside these scientific developments, another area of interest related was the positive emotions and heart. Until recently, scientists have claimed that emotions were mental expressions generated by the brain. Current research, however, has shown that the heart, the brain, the nervous and hormonal systems are fundamental components of a dynamic, interacting network, from which emerges the emotional experience.

Although there was a large gap in the scientific investigation of these issues, a growing wave of research has begun to provide objective evidence that positive emotions may actually be the key to the favourable function, human, interfering with almost all aspects of human nature.

It has been shown those positive emotions: a) improve the healthy and increasing longevity (Blakeslee, 1997; Danner, Snowdon & Friesen, 2001; Goldman, Kraemer & Salovey, 1996; Russek & Schwartz, 1997); b) increase cognitive flexibility and creativity (Ashby, Isen, Turken, 1999 & Isen, 1999); c) contribute to the widening of the concept and innovative problem solving (Fredrickson, 2002; Aspinwall, 1998; Isen, Daubman & Nowicki, 1987); d) promote the usefulness, generosity, and effective cooperation (Isen, 1987).

2. Physiological grounds of “The Path of the Heart” intervention

The research has demonstrated that NM emotions depicted in patterns of heart rhythms:

When we experience positive emotions such as love, compassion, heart rhythms become calm and rhythmic - we "sync". The collected data showed a positive blood pressure (see fig.no.2), a good respiratory rate, clarity and control rising creativity.

But when we experience negative emotions, such as anger or frustration, heart and jagged rhythms are disturbed - we're out of sync (see figure no.3).



Figure no.2. The blood pressure under positive emotions

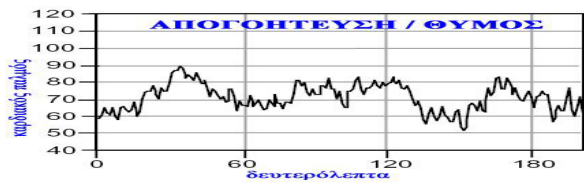


Figure no.3. The blood pressure under negative emotions

The Basic Technique: electrocardiogram (ECG). The technique consists of five (5) simple steps that can be applied effectively in the middle of a stressful situation or in everyday activities (eg, driving, when in a meeting, the transaction with our fellow human beings). For fast and effective learning technique to exploit technology electrocardiograph Biofeedback. Thus, the student is associated with a specific device, illustrating the variability of the heart rate [Heart Rate Variability (HRV)], and allows it to intervene in the process, and to change it to his advantage. This process can make humans able to effectively replace the negative thought patterns and emotions, with corresponding positive role models. (see figure no.4)

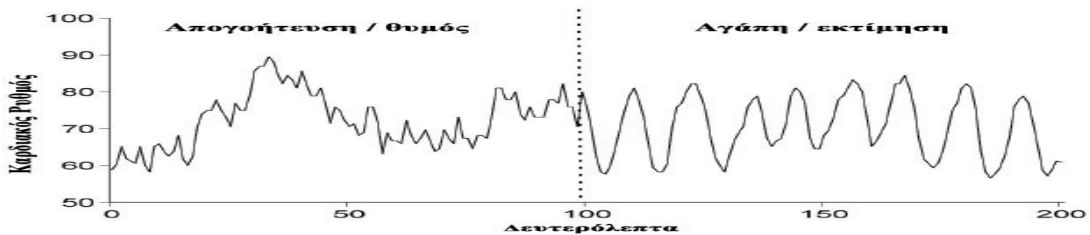


Figure no.4 Emotions are reflected in cardiac rhythms

The image is shocking. Note that, a trained man can change the heart rhythm. The first 100 seconds experiencing a negative situation. Then, applying the technique of the heart and the heart immediately responds by changing the rhythm. Observe the direct displacement of an irregular, disturbed heart rhythm pattern in a soft, harmonic, waveform pattern.

The establishment of a state of psychophysiological coherence, the techniques for creating positive emotions, help us to create an internal environment that contributes to physical and emotional rebirth. A number of research studies support this hypothesis, documenting and short and long-term benefits in healthy, which are associated with the use of these techniques.

The technical heart harmonizes the nervous system thus achieving improvements in clinical status, emotional well-being, and quality of life in various situations. The systematic implementation, due to the lowering of the stress it causes, it significantly help people with attention deficit / hyperactivity disorder, (ADD / ADHD), anger, anxiety, panic attacks, depression, arrhythmias, asthma, chronic fatigue, chronic pain, diabetes, digestive disorders, hypertension, sleep disorders, posttraumatic stress disorder (PTSD), autoimmune disorders, etc.

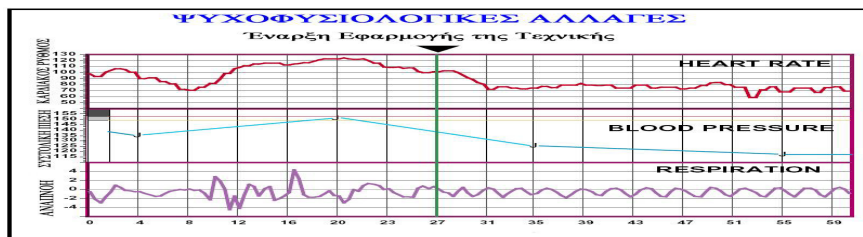


Figure no.5 Heart rate, blood pressure and respiration

The table illustrates the results of the technique of the heart in conjunction with a special music «Heart Zones» someone man with little prior experience. The trainee was a guest of the show «Beyond 2000» the television channel «Discovery Channel».

Employees - Business Executives The rapid spread of stress causes workers to pay a heavy price. The Dr. Paul J. Roach, President of the American Institute of Stress, indicates that 75-90% of all visits to representatives professions healthy from disorders related to stress. The main source of stress for adults is their own work. The problem of workplace stress has become so widespread and so serious as to be described by the International Labour Organisation of the UN [United Nations' International Labour Organization] as "a global epidemic", which does not discriminate nations or professions.

This process prevents or terminates the normal reaction of the body to stress, and facilitate change in our internal attitude. This change enables us to understand and deal with the issues that concern us from a broader, more emotionally balanced perspective.

Children – Students. The path of the heart teaches children - students how to achieve physiological balance, mental clarity, and emotional stability. Barriers performance, such as audits, stress study and other emotional disorders, reduced features. As expected, the academic performance improves significantly. Students apply technical heart show significant improvements in the following activities: Self-esteem and confidence, focus and attention (ADD), motivation success, anger management, control hyperactivity (ADHD), impulse control, academic performance, understanding and solving problems

Emotional Intelligence (EQ) and Heart. The neurologist Antonio Damasio emphasizes the rationality of emotion in his book «Descartes' Error» [The Wrong Descartes], which emphasizes the importance of emotions in decision making. Notes that patients with brain lesions in the brain regions that integrate emotional and cognitive systems are unable to function effectively in their daily occupations, even though mental abilities are completely normal. In pioneering book, "Emotional Intelligence", which was issued in 1995, the researcher Daniel Goleman introduced the term homonym. His research has shown that success in life is based more on our ability to be aware of our emotions, and our ability to manage, rather than on our mental abilities. The path of the heart, and many of the other courses that take place in our lab, cultivate emotional intelligence.

Several research studies have demonstrated the value of developing emotional intelligence and emotional management skills. At least 80% of the "success" of an adult from the EQ. People who perceive accurately the feelings of others, are more able to manage change and build stronger social networks

The social and emotional capacities were four times more important than intellectual intelligence quotient (IQ), in determining professional success and prestige

3. Case study. Psychological procedures of “The Path of the Heart”

Short description of the case: Dimitra, age: 32, came to me with serious low self-esteem, with severe depression.

Stages of the intervention: From our first session I explain to her what is all about in therapy of heart and I asked her if she is ok by trying this therapy.

First I show to her how is our heart, why the circulation of blood is very important to be in normal scale, why if we make effort we feel different that we are relax, why when we move we have different type of impulse in our heart.

After all this explication we start to make a practical exercise. We measure the pulse in the beginning and after. We did a relaxation Schultz with positive suggestion just to find a balance in her body and mind to be ready to communicate without stress. Than we start to follow the 4 step of the technique: 1) Disappointment: she already came with a low self-esteem so we analyse which is the cause and what is the solution for not feel in this way. The techniques for creating positive emotions, help us to create an internal environment that contributes to physical and emotional rebirth: 2) Anger: of course after disappointment she pas to the next step anger. In this point we measure the pulse of heart. She changes the heart rhythm. The first 100 seconds experiencing a negative situation. 3) Love is the next step. I ask her to go inside her heart true guide imagination to see, to observe how it is and where she will see some black spot inside to cover with love with good feelings, good memories, 4) Appreciation: I ask her to complete the entire negative hole with appreciation word like “you are the best”, you have a good heart” “you are beautiful “.... Applying the technique of the heart and the heart immediately responds by changing the rhythm.

Observe the direct displacement of an irregular, disturbed heart rhythm pattern in a soft, harmonic, waveform pattern.

We did 8 sessions. Every time we apply the technique we see immediately good response in her mood and also in the way of thinking.

4. Conclusions- Upgrading the Quality of Life

The human body has an innate ability to heal itself and regenerate. However, the hectic pace of life, combined with uncontrolled mental and emotional activities in which we engage, can suppress this ability. Negative emotion plays an important role in the genesis and exacerbation of many health problems such as fatigue and increased susceptibility to infectious and chronic diseases. The sound effects are important, since there is now ample evidence that the reduction of emotional energy.

The technical heart harmonizes the nervous system thus achieving improvements in clinical status, emotional well-being, and quality of life in various situations. The systematic implementation, due to the lowering of the stress it causes, it significantly help people with attention deficit / hyperactivity disorder, (ADD / ADHD), anger, anxiety, panic attacks, depression, arrhythmias, asthma, chronic fatigue, chronic pain, diabetes , digestive disorders, hypertension, sleep disorders, posttraumatic stress disorder (PTSD), autoimmune disorders, etc.

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